

How fear works

created by Marie-Camille LePage

Read the text below and answer the questions on the next page.

Your heart is beating fast. You have goosebumps. You start to sweat. Your face is pale and goes red. You take short, quick breaths, making your mouth dry. Are you in love? Maybe! But most likely, you are reacting to a scary situation.

Feeling afraid is completely normal. In fact, it is very useful. It makes you cautious and alert. How can fear help?

Your brain receives a message that danger is near. It quickly tells your body to get into protection mode.

The pupils of your eyes get bigger. This helps you see better.

You sweat... A LOT. This helps your body cool down.

Your heart beats faster, sending more blood to your muscles, brain and lungs which makes you more alert.

Your liver increases the sugar levels in your body to give you an extra boost of energy. Your body releases more adrenaline into your system.

You breathe faster so more oxygen goes in your brain. This helps you think quicker.

SYMPTOM + REACTION = survival

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Find the symptoms of the fear mechanism and explain its reaction.

SYMPTOMS

REACTIONS

1 your pupils get bigger

2 you sweat

3 your heartbeat increases

4 your liver increases

sugar levels

5 you breath faster

WHAT WAS YOUR scariest MOMENT?

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Tell me in a short text the
moment you were the
most scared.

